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World Health Organization Quality of Life Assessment (WHOQOL-BREF)

Availability:	The instrument is freely available here: http://www.who.int/mental_health/publications/whoqol/en/
Classification:	Supplemental
Short Description of Instrument:	The World Health Organization Quality of Life Assessment (WHOQOL-BREF) was developed as short version of the WHOQOL-100 for use in situations where time is restricted, where respondent burden must be minimized and where detail is less necessary e.g. large epidemiologic surveys and some clinical trials. Using data from 15 sites collected during the WHOQOL-100 field trials, items for the WHOQOL-BREF were selected for their ability to explain a substantial portion of the variance within their parent facet and domain, for their relationship with the overall WHOQOL model and for their discriminant validity.
Scoring:	It is possible to derive 4 domain (subscale) scores. There are also 2 items that are examined separately (Question 1 asks about the overall perception of QoL and question 2 asks about the overall perception of health). Higher scores denote better quality of life. The mean score of items within each domain is used to calculate the domain score. Mean scores are multiplied by 4 in order to make domain scores comparable with the scores in the WHOQOL-100. Individual scores may be manually calculated. Raw scores may be transformed to scores ranging between 4 and 20 (comparable with the WHOQOL-100). A second transformation method converts domain scores to a 0-100 scale.
References:	<p>The WHOQOL Group (1998). Development of the World Health Organization WHOQOL=Brief QoL Assessment. <i>Psychological Medicine</i>, 28, 551-559.</p> <p>The WHOQOL Group. The World Health Organization Quality of Life assessment (WHOQOL): Development and general psychometric properties. <i>Soc Sci Med</i> 1998; 46: 1569-1585.</p> <p>Skevington SM, Lofty M, & O'Connell KA (2004). The World Health Organization's WHOQOL-BREF quality of life assessment: Psychometric properties and results of the international field trial. A Report from the WHOQOL Group. <i>Quality of Life Research</i>, 13, 299-310.</p> <p>Yao G and Wu C (2005). Factorial invariance of the WHOQOL-BREF among disease groups. <i>Qual Life Res</i>. 14, 1881-1888.</p> <p>Hirayama MS, Gobbi S, Gobbi LTB, Stella F, Quality of Life in relation to disease severity in Brazilian Parkinson's patients as measured using the WHOQOL-BREF, <i>Archives of Gerontology and Geriatrics</i> 46, (2008), 147-160.</p>